



S'mores Banana Bread

 Popular

READY IN



45 min.

SERVINGS



12

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup all purpose gold medal flour
- ☐ 0.5 cup marshmallow bits kraft
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 large bananas ripe
- ☐ 1 large eggs
- ☐ 2 full hershey bars
- ☐ 2 full sheets graham cracker

- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 6 tablespoons butter unsalted softened

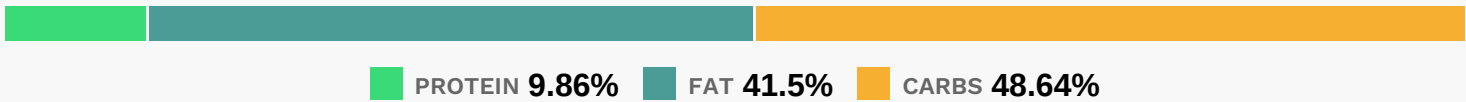
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F. and spray a 9x3x5 inch loaf pan generously with non stick cooking spray.
- ☐ Place butter into a large mixing bowl and stir in sugar until well combined.
- ☐ Add egg, bananas and sour cream mixing until well combined. Stir in flour, baking soda, baking powder, salt and marshmallow bits until combined.
- ☐ Pour half of the batter into prepared loaf pan.
- ☐ Layer with graham crackers then Hershey Bars. Top with remaining banana bread batter spreading evenly then bake for 50-55 minutes or until baked through.
- ☐ Let cool for 30 minutes then remove from pan and let cool completely.
- ☐ Cut into slices and serve!
- ☐ Garnish top of bread with additional marshmallow bits if desired.

Nutrition Facts



Properties

Glycemic Index:33.66, Glycemic Load:15.42, Inflammation Score:-3, Nutrition Score:4.8991304247276%

Flavonoids

Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 212.9kcal (10.65%), Fat: 10g (15.38%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 26.37g (8.79%), Net Carbohydrates: 24.41g (8.88%), Sugar: 11.84g (13.15%), Cholesterol: 33.4mg (11.13%), Sodium: 373.59mg (16.24%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.35g (10.7%), Vitamin B1: 0.16mg (10.42%), Folate: 39.64µg (9.91%), Selenium: 6.07µg (8.67%), Fiber: 1.96g (7.82%), Manganese: 0.13mg (6.74%), Vitamin B2: 0.11mg (6.58%), Phosphorus: 63.38mg (6.34%), Vitamin E: 0.93mg (6.22%), Vitamin B6: 0.11mg (5.37%), Vitamin B3: 1.02mg (5.11%), Magnesium: 20.38mg (5.1%), Vitamin A: 242.06IU (4.84%), Copper: 0.09mg (4.61%), Iron: 0.83mg (4.6%), Calcium: 43.25mg (4.33%), Potassium: 124.63mg (3.56%), Vitamin B12: 0.18µg (2.97%), Zinc: 0.41mg (2.76%), Vitamin C: 2.2mg (2.67%), Vitamin B5: 0.21mg (2.1%), Vitamin D: 0.19µg (1.27%)